PRICE FOURPENCE.

A DIALOGUE

ON THE

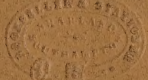
USE OF TOBACCO,

WITH

PRACTICAL REFLECTIONS & SUGGESTIONS

BY A RECLAIMED SMOKER.

"Do thyself no harm."



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A DIALOGUE

ON THE

USE OF TOBACCO,

DESIGNED TO EXHIBIT THE

PROPERTIES OF THIS PERNICIOUS WEED,

WITH ITS EFFECTS ON THE

SOCIAL, PHYSICAL, PECUNIARY, MENTAL, AND MORAL CONDITION OF MAN, WITH

PRACTICAL REFLECTIONS AND SUGGESTIONS

BY A RECLAIMED SMOKER.

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INTRODUCTION.

In this fallen world of ours, in which the "Prince of the power of the air" has attained an ascendancy over the minds of men, those who seek to lessen the sum of moral evil will never discover such effects resulting from their labours as to arrive at the conclusion, that nothing more is needful to be done; but, after all, their sanguine minds anticipate, and all their vigorous exertions may, under the blessing of God accomplish, they will recognize new motives to exertion in every day's experience, and witness painful instances of depravity, demanding some new method of instrumentality, in order to check the progress of iniquity.

These sentiments will assuredly find a response in the bosom of every Christian philanthropist, and if, by the perusal of the pages of this unassuming publication, an impetus be given to instrumentality already in operation, and should be the means also of introducing a new mode of attack on the debasing and ruinous practice of visiting beer shops, public houses, and gin palaces, which are the decoys of Satan and his emissaries, the writer will rejoice, and God shall have the glory.

That Temperance Societies, and Total Abstinence Societies, have effected much good, none can dispute. The evidence is incontrovertible. The

R. S. In the reign of James the First; and that monarch wrote a pamphlet, entitled, "A Counter Blast to Tobacco." "Smoking," he says, "is a custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black, stinking fumes thereof, nearest resembling the horrible Stygian smoke of the pit that is bottomless."

I. Were not the people surprised when they first saw men filling their mouths with smoke?

R. S. Yes, they were; and one day, when Sir Walter Raleigh was smoking, his servant threw a pail of water over him, supposing he was on fire.

I. I suppose there is something pleasing in the taste of tobacco, and very comforting to the feelings of young beginners, is there not?

R. S. I do not wonder at your asking such a question; but, it is really the very reverse, and I hope you will never be induced to try its effects; a small quantity would make you thoroughly drunk.

I. Drunk! Do you mean to say tobacco is intoxicating?

R. S. As much so as any dram you can drink. A very large quantity of any kind of liquor must be taken to produce an effect equal to that of half a pipe of tobacco. "The young beginner in smoking usually experiences its pernicious effects; is overcome by nausea, and a peculiar giddiness, and sometimes vomiting. Fortunately, however, he is unable to continue the dose, otherwise the consequences might be stupor, convulsions, and death." The late Rev. Robert Hall, who thought he might derive benefit from it, under extreme

suffering, said to a friend, "I think, Sir, I shall take to smoking. I began a few nights ago, Sir, and I will tell you how I managed. I smoked first for about five minutes, the next night about ten, and I felt no ill effects from it; but last night I tried for about a quarter of an hour, and it made me so sick and giddy, I thought I should have fallen out of my chair."

I. I am truly astonished that persons who suffer in this way ever venture to try again.

R. S. I have often wondered at it myself; and the unintelligent part of creation give important lessons of instruction to the intelligent part thereof, would they were wise enough to profit by it. Some few weeks ago, a farmer having steeped some seed wheat in arsenic, to prevent insects from destroying it, was walking through one of his fields, and found a covey of partridges all dead in a sitting posture; and it having been ascertained they had fed on the poisoned wheat, a piece was cut off the breast of one of them, and given to a cat. Poor puss could not retain possession of it in her stomach, and having disposed of it, part of another bird which had not been poisoned was thrown to her; but pussey remembered her former meal, and nothing would induce her a second time to take *partridge*.

I. I had no idea that tobacco and strong drinks produced the same kind of effects, and I really wonder at many persons whom I know, who would rather lose their lives than be accounted drunkards, who are habitual smokers.

R. S. And well you may wonder—for between the drunkard and the smoker, there is scarcely

any difference; and only that tobacco does not produce such visible appearances of intoxication as strong drinks, is it viewed as a thing less pernicious.

I. What can be the reason of so many persons getting into this habit? I should think it must be very injurious to their health.

R. S. It really is so. There are many whose health is very much interrupted in this way; and I quite think it did me very great injury.

I. In what way did you suffer?

R. S. Why, being naturally of a very excitable temperament, smoking increased my nervous irritability. A medical man once said, it is as much impossible to smoke tobacco without injuring the nerves, as to fire a ball through a window and not break the glass.

I. How strange that you should have continued to smoke so many years, when you found that it was so very injurious.

R. S. Well, unhappily, when you become a smoker, it is something like becoming an Odd-Fellow, there is a sort of brotherhood established. When you are in a room where others are smoking, without due consideration you take a pipe or cigar, and by repeated attempts you overcome the powerful and disgusting effects which it at first produced.

I. The more you say the more you excite my surprise. I think I should have kept away from company where there was smoking.

R. S. And you would have acted wisely; but temporary excitement produces a flow of friendly feeling, and therefore it is, that this practice has

been engrafted on the social usages of mankind. Those only who have acquired the habit can judge of its infatuating influence. When I think of my first attempt to smoke, and the thorough master I made myself of this habit, I feel ashamed and mortified at the retrospect.

I. I am surprised when I see persons who never seem to have enough of this pernicious weed.

R. S. It is pretty generally understood that a given quantity of stimulant produces at first a given effect, and that a repetition loses its power to produce that effect. This may be proved by the experience of those who, in acute diseases, have recourse to laudanum. From 20 drops some have increased the dose until they could drink a wine-glass full; a fourth part of which, if taken by one unaccustomed to the process of increasing the dose, would be sufficient to cause death; and thus it is, that what at first produces such potent influence, by repeated use ceases to act with so much violence on the nervous system.

I. I suppose the poison of tobacco is very much destroyed by being burnt in the pipe, or as a cigar?

R. S. No; this is not the case. "The active principle of tobacco consists in an oil called an essential or volatile oil, because it can be raised in the form of vapour, like water or spirits. This, when separately collected, is one of the most active poisons known. In smoking, a small quantity of it is drawn into the mouth, where it mixes with the saliva. Its poisonous effects are more conspicuous in inexperienced and young smokers, not only because their nerves are unaccustomed

to it, and therefore more sensible to the effects of a small dose, but because they are more apt to swallow the spittle contaminated with the smoke; and, also, by quickly drawing the air through the burning tobacco, which conveys a large quantity of oil to the mouth."

I. But the opinion of persons differ very much as to its effects on the constitution, and instances have occurred in which medical men have contended for its beneficial influence.

R. S. I am fully aware this is the case; and I knew a person who was suffering from a highly excited nervous system, which had beyond the shadow of a doubt been greatly increased by smoking; and suffering from a stationary neuralgic affection, smoking was recommended as the antidote: smokers, however, will tell you, they do it for medical purposes. But the day is not far distant, when no doubt medical men will one and all say, that any such interference with the arrangements of an all-wise Creator is not only folly, but positive sin, and except in some very peculiar cases, will employ a substitute.

I. When you speak of interference with the arrangements of an all-wise Creator, what am I more especially to understand?

R. S. I refer to the three pairs of glands placed in the mouth, which yield moisture, without which the greatest possible inconvenience would be experienced both in speaking and eating, and which, when required, is copiously supplied, and is indispensably necessary in preparing food for the stomach. The fluid from these glands being mixed with food, is acted upon by the

gastric juice, which, when so prepared, is more readily digested; and surely this invaluable secretion was never designed to be drawn out of the system by the use of tobacco, either to be thrown away as spittle or taken into the stomach thus impregnated with poison.

I. I am induced to think this view of the subject ought to have more consideration than is generally bestowed on it.

R. S. Yes; but there are other views which must not be passed unnoticed. The action of the heart, which, in a healthy person, is found by the law of our Maker to be so regular and quiet, that no inconvenience attends its wonderful operations; but by the practice to which our thoughts are directed, this action is greatly increased, and the whole system becomes disturbed, and especially does the brain participate in this perversion of Nature's law. An eminent physician says, "The profession of medicine has an extensive scope. It looks into the structure of animal machinery, it investigates the laws of its vital movements, both in health and disease, and contemplates a variety of influences, by which its complicated processes are accelerated, retarded, suspended, or destroyed. It learns that to the functions of life belong a standard rate of action, beyond which they cannot be safely excited or driven; that alcoholic and narcotic stimulants derange the healthy movements, exhaust the vital power more than nature intended, and induce premature decay and dissolution."

I. Under all these considerations, my surprise is, that no grand effort has yet been made to

prevent the continuance and decrease of such an evil; and what can be the reason that this vice has not been dealt with as many others have been?

R. S. I suppose from the same feeling which operated in men's minds before the Temperance movement. "Do what we will, men will drink," said many. "Drunkenness was popular, and smoking is popular." In general, no doubt, it is resorted to for the purpose of producing a soothing effect on the feelings and appetite. A working man, for instance, takes a pipe instead of lunch, without considering that any imaginary benefit from this temporary stimulus is at the risk of a corresponding, if not greater, depression afterwards. The effect of the smoke may be, to stay the appetite; but it is only a deceit. The value of the tobacco spent in food would be much more beneficial; in short, the fumes of tobacco are only an intoxicant, like opium or alcohol,—a mere dram in the form of smoke. And those who chew it obtain a similar, but more stimulating effect and in a more revolting form. Dr. Hodgkin, in his valuable work on the best means of promoting and preserving health, says, "The practice of smoking carried to the extent of several pipes a day has a remarkable effect in destroying the appetite. The North American Indians are said to take advantage of this effect of tobacco, to blunt the cravings of hunger, when, in taking long journies through the woods, they are not fortunate enough to find game and other means of subsistence." I remember it has been represented that smoking may be advantageously employed as a preservative against moisture of climate; and the practice of

smoking among the Dutch is pointed to as an example. But that is a fallacy; smoking, instead of strengthening, weakens the nervous energy and general health, and the practice is a vice prevailing only with the males in Holland, for the females of that country do not smoke, and they are not less healthy than members of the other sex.

I. What effect do you consider smoking to produce on the brain?

R. S. Well, this is an important inquiry; indeed, I suppose it to be the most important, because the nerves of the stomach, and the nerves of the brain, are, in fact, the nerves of both stomach and brain; touch the one, you touch the other.

I. Have you ever met with an habitual smoker who was willing to give you an account of his own experience with regard to its effects on his system?

R. S. I have; and only a few days since, going down the Thames, in a steamer, I was struck with the appearance of three persons who were smoking. Two of them had cigars; the third, a pipe. I pitied them, and took an opportunity of entering into conversation with the latter, who had separated himself from the others. Seeing him give a smoker's shiver, I said, "Do you think you are warmer smoking than you would be without it?" —"No, Sir," was the reply; "I don't think I am, and I wish I never had smoked." Being desirous of hearing his experience, I said, "but why do you not leave it off, if you think it a bad practice?"—"Oh," said he, "I am now so used to it, I am never happy without a pipe in my

mouth, and my appetite is so bad I can scarcely take anything to eat. My wife wished me, as I shall be out until evening, to bring some food with me; but it's of no use, I could not eat it if I did." I said to him, "but you ought to try and do without it; it is not only an injurious, but a very expensive habit, and if you continue to use it as you do now, in a few years you will unfit yourself for the duties of life."—"Yes," said he, "I know I shall, for I find my mind now almost too confused for anything." I found that sometimes he was in the habit of using an ounce of tobacco in the course of a day, labouring under deep-seated melancholy, and when smoking fails to soothe, recourse is had to gin. This unhappy man's confession is, that for tobacco and its accompaniments, in the form of stimulating drinks, he is actually spending annually in this miserable state of existence about enough to insure his life for £500!!! I endeavoured to show the claims his wife and family have on his consideration, how much better it would be to spend the money, thus injuriously wasted, for their benefit, and also laboured to impress on his mind the high claims of his Creator, before whom we must all appear to give an account of the deeds done in the body; and especially entreated him to think of the certainty that he would be the means of shortening his own days, and have the melancholy reflection in death of hurrying himself into the presence of his Maker, as well as depriving himself of those enjoyments in which he might share by another course of conduct. This individual further told me, that about two years since, his health was so

bad that he was obliged to give up his pipe in some measure, and then he became much better; that his brother had been obliged to go to a medical man, as he was suffering in the same way, and his advice was, to give up smoking, or no medicine could restore him. This comparatively young man, of thirty-one years of age, has, by the practice of smoking, rendered himself an object of pity and commiseration. How true it is that self-denial of present pleasure is necessary to avoid future evil, and ensure the enjoyment of happiness. To comply with the physical laws stamped on our nature by the Almighty, we must bridle many of our feelings and propensities. It is no uncommon thing to hear persons who bring themselves under the influence of disease speak of what God lays upon them; but it is impious to charge God with the ills we suffer by disobeying His laws.

I. It is matter of surprise, that persons who know their wives and families must be left at their death without means of subsistence, do not, one and all, avail themselves of the facilities afforded by insurance offices, whereby provision may be made, in some measure, to relieve the distress which often arises from such an event.

R. S. There is much done in this way of late years, and the instances of good resulting from the practice is exerting an influence on the minds of many who have not, until lately, thought much on the subject. And it is much to be hoped, that those cases which sometimes occur, in which one head of a family dies, having secured a sum of money payable at his death, which has enabled a

widow to provide for her fatherless children, and the painful contrast in another case, where no such provision has been made, subjecting a widow and her family to circumstances of privation the most painful, will operate favourably on those who witness such a contrast.

I. I suppose, in some offices arrangements are made for insuring lives at a very early age, and in such a way as to make the payments very easy?

R. S. Yes; at the age of fifteen, by paying only nine shillings a quarter, the sum of £100 would be secured to any survivor on the death of the individual paying this small sum. At the age of twenty, ten shillings a quarter would secure the same amount. Thus, you perceive, by a payment of about fifty shillings a quarter, the sum of £500 might be secured to a widow and her family, or to any other friend or friends, who survive the assured.

I. I suppose that when a person has insured his life for a few years, the amount of payment is reduced in proportion to the profits arising from the amount of business done by the office?

R. S. Yes, this is the case, and I have heard of some instances wherein the sum for which the life was originally insured has been doubled at the time of death, by allowing the bonuses or division of profits to be added from time to time during the life of the assured; and, if the party had chosen, his annual payments would have been very considerably reduced by appropriating the bonuses in part payment of the annual premiums.

I. What great disadvantage arises for want of consideration in reference to useless expenditure!

and it is to be hoped, that those who are well acquainted with this subject, will take an interest in the condition of those who have not as yet sufficiently considered its importance.

R. S. On this, and other subjects, it is gratifying to know, that information is being communicated with a view to show to what extent persons may benefit themselves, by making provision for declining life, or to prevent privation and distress to those they leave behind them.

I. I do sincerely hope some great change will take place in our country in regard to this habit of smoking, for I discover it is attended with very great expense as well as personal injury.

R. S. Yes, indeed; and no one who has not been in the secret has any conception of this feature of the evil. "What will you take to drink?" or, "come in this evening, and take a glass of grog," is out of fashion; but, "will you come and take a cigar, or a pipe?" is a very fashionable invitation; and then, "what will you take to drink?" is a necessity; thirst is provoked, and thus the cigar and glass are generally associated.

I. But, I believe, there are some persons who can smoke without drinking, and if they can do so, it is not so expensive.

R. S. But it is more injurious, for the narcotic had better be diluted by some kind of liquid, provided it be not very strong, than taken into the stomach alone. Our great object, however, is to show, that tobacco is not necessary for man's health or happiness; on the contrary, it is one of those self-inflicted scourges which can never be described in its true character and extent. Nor

until the public mind can be wrought upon by the combined consideration of its physical, pecuniary, mental, and moral prejudicial tendencies, can we expect any great alteration in reference to its use. I hope that these considerations will be extensively cherished, especially as the times in which we live demand a rigid and careful expenditure—and every one seems to know this. "Experience has always kept a dear school, but fools will learn in no other," as Poor Richard says ; and scarce in that, for it is true, we may give advice, but we cannot give conduct ; and it is well to be remembered, "They that will not be counselled cannot be helped." Many a young man has begun life with good health and good prospects, but listening not to the voice of wisdom, saying, "For age and want save while you may, no morning sun lasts a whole day," expensive habits have been established and pursued, until the end has shown what extensive evils result from small beginnings.

I. It is customary, in some countries, with smokers to drink coffee with their pipe or cigar ; and some say it is then not so injurious.

R. S. This is mere imagination. There are many poisons taken medically prescribed, which are disguised in a similar manner ; but their legitimate effect is nevertheless certain ; and, really, if the mixture of coffee with the oil of tobacco, or of water impregnated therewith, as it must be when the mouth is rinsed out after smoking, were put in a glass, as a beverage there would be something so loathsome and revolting in the draught, that no one on earth could be induced to take it,

except already in a state of unconscious intoxication.

I. I suppose the habit of rinsing the mouth, as you call it, is resorted to for the purpose of preventing the offensive smell of the breath to others?

R. S. This may sometimes be the case, but not always. I knew an inveterate smoker, who, taking his pipe the last thing at night, and wishing to get rid of the effect on his palate, or the uneasy sensation under which he was labouring, having no other liquid in the house to which he could obtain access, took a half a wine glass of Daffy's elixir!!

I. No wonder the Dutchman should have exclaimed, "Mine Got! ven vill de people leave off deir strange doings."

R. S. Strange doings, indeed! And if all the strange doings connected with this practice were told, 'twould fill the world with wonder. I have sometimes thought if devils laugh, they could not refrain when witnessing the folly of rational beings, in subjecting themselves to such extensive inconvenience in an indulgence for which they so dearly pay.

I. It would be a good thing if our fellow-countrymen, young and old, rich and poor, would take the field, and wage war with this enemy to mankind.

R. S. It would be a noble warfare, and much might be done by them. One can scarcely imagine anything more offensive to a person brought up where smoking was not practised, than, after marriage, to be compelled to inhale this noxious vapour, but unhappily many have

ventured on matrimony, hoping to cure the evil afterwards; and, in some instances, the blindness of love has concealed the offence. I remember once to have heard of a young lady, who had said she never would marry a smoker; and being told her suitor was one, she would not believe it. However, one day she was told to look into a certain room and see for herself; she did so, and then turning to her friend, said, "Well, he is the prettiest smoker I ever saw."

I. I have often thought the fumes of tobacco must have the effect of separating females from society, where, under other circumstances, there might be extensive reciprocal social enjoyment.

R. S. This reminds me of a conversation recently held with an aged friend of mine. He says, that many years ago visiting a country town, a few friends were invited to dine and spend an afternoon with him. After dinner, pipes, tobacco, &c. &c., were introduced, and, as he could not smoke, he was compelled to accompany some ladies into another room. When tea was on the table, the smokers obeyed the summons to partake thereof, and almost as soon as they had done so, they returned to the smoking-room. A young lady of the family, being vexed at this conduct, went to her father and said, she thought she and her friends might as well spend the evening with cards. "Cards!" exclaimed the astonished father, "don't you remember what your minister (who was one of the party) said on Sunday about cards and such kind of games?"—"Yes," said she, "I do, but he forgot to say anything about pipes and spirits, and I really think it would be quite as innocent to play

with cards as to smoke tobacco and drink spirits and water." This well-directed and timely rebuke, proved very salutary, having led to serious reflection on the very exceptionable exclusion from society, as well as inconsiderate waste of time and waste of money, this bacchanalian pursuit had occasioned.

I. I have understood the revenue of this country is greatly increased by the duty paid on tobacco?

R. S. Yes, the addition to the revenue from this source is between four and five millions annually. And what is smuggled, and afterwards vended at the full price, added to that on which duty is paid, when it comes into the hands of the consumer, will amount, it is estimated, to nearly six millions. Now, if this sum were spent in sending the Gospel of the Son of God to the six hundred millions of heathens who are perishing for lack of knowledge; as you perceive there would be one sovereign for every hundred, to aid in their evangelization, small as this sum would appear, it is nearly ten times as much as is expended by all denominations of Christians in every department of labour which has for its object the elevation of mankind.

I. Surely this state of things will not continue. Heavy taxes, increasing poor-rates, drinking usages, and tobacco smoking, will lead to great want in our country; and now, our commercial resources are so extensively weakened, it is our duty to take a step in the right direction, and show as much as we can the extent of the evil. "A word to the wise may do good."

R. S. Many persons indulge in habits without

thinking of their consequences; and thousands have spent their time talking of the burdens of taxation, forgetting that "time is the stuff life is made of," and have assembled for discussion, pipe in hand, without once calculating on the actual loss of money in the loss of time. A short time ago, I was going up Oxford Street on an omnibus; the driver, passing a cab-stand, observed, "These men might do very well, if they conducted themselves in a proper manner." Being desirous of hearing what he had to say, I replied, "You think they might, do you?" "Yes," said he, "if they would be in the way when they are wanted; but many of them get short pipes in their mouths, and hang about public-houses;" and added, "some time ago, one of our drivers, a careful fellow, saved money enough to buy a horse and a set of harness, hired a cab, and employed a man to drive. A little while afterwards he bought another horse and harness, hired another cab, and drove himself. Being asked one day how he got on in the world, he replied, "O, I am getting a crust; and I would rather be *hung* on a cab, than die a *natural death* on an omnibus." To how many would this incident be useful, if they had "ears to hear," hearts to understand, and wisdom to apply.

I. I have often thought Temperance Societies must have been much impeded by the use of the pipe. Don't you think they have, Sir?

R. S. It is certain they have; nor can it be otherwise. Innkeepers and others, by having a good smoking-room, never fail to have a good

drinking-room; and it is quite as necessary to say, keep away from the pipe as keep away from the pot or the glass. A pennyworth of tobacco has often cost many shillings for accompaniments, which, but for the pipe, would not have been in requisition at all.

I. There can be no doubt but this is a great cause of drunkenness, and that many who have begun to indulge in this practice have had dearly to pay for their folly?

R. S. Yes, and in many ways do men pay for their folly by this besotting indulgence. In the commercial room this is a most successful decoy. Many a sale has been effected amidst clouds of tobacco smoke; and under the excitement which has been effected thereby, has the unwary tradesman in the purchase of cheap goods, which have proved dear enough, not being wanted, paid for before sold, and changes of fashion rendering them quite useless hereafter. I once knew a tradesman who unblushingly said, that unless he got his customers to smoke a pipe and take a glass with him, in five cases out of six he could do no business with them. His business was, of course, done with inferior tradesmen.

I. A smoking tradesman, I should think, would find it very expensive in many ways; but if he were determined only to smoke at certain times, and in his own house, there might not be so much danger.

R. S There is always danger. A smoker takes his pipe alone, but he cannot keep the smell of it to himself; and there is something very grateful to the nostrils of a smoker on enter-

ing the house where tobacco is used. Many hours have been thus squandered, and many a family made uncomfortable, and subjected to great inconvenience as well as expense, by this friendly association. I remember, some years since, a minister, with whom I was intimately acquainted, having lost his partner in life, had almost made up his mind to take to smoking, supposing it might have the effect of relieving his depression of mind, and soothe him in his sorrow. Being in company with him one day, he told me of his intention, and asked me what I thought of it. I said, "I suppose, Sir, you have thought there can be nothing more likely than, that by this means, you will make a smoker of your son?" He replied, that he had not given that a thought. I then told him that I had acquired the habit, when about seventeen years of age, by the example of my father; and moreover, I added, if you once begin to smoke, you will find many smoking friends, with whom you are acquainted, will call on you to take a pipe; and living as you do in a convenient place, as a house of call, or waiting-room, for the departure of vehicles, your pipes, tobacco, &c. &c., will be very often called into requisition, your house will always smell of smoke, your time be encroached upon, and your resources also. I had the gratification of receiving his expressions of gratitude on a future occasion, when he informed me my remarks had led him to alter his views on this subject.

I. I should like you to tell me what were the principal inducements to your leaving it off, if it will not be trespassing too much on your time.

R. S. I am quite at your service; and if I thought this conversation would induce one smoker to adopt the course I pursued, I should be amply compensated for time or trouble. I had witnessed many painful results in others; I felt an increasing demand for its use, and I very much feared that if I did not lose my reason, I should certainly be incapacitated for usefulness in the world; and concluding, as I did, that it was a decidedly injurious and sinful practice, I determined on leaving it off at once. But I found it was not an easy work to accomplish. It was many nights before I could sleep two hours together, and the temptation was powerful to take it again, but by watching and prayer, I was enabled to persevere. My trembling hand became steady, and I have reason to rejoice that I was induced to form the resolution, and to look to the strong for strength, without which I certainly should never have succeeded in the effort. Having succeeded, I would not again be brought under the influence of this detestable and disgusting practice on any account, and I think it my duty to protest against it as a vice of a most pernicious tendency. The following extract from a letter written by the late Honourable John Quincy Adams, contains similar sentiments, addressed to the celebrated Dr. H. S. H. Cox, of Brooklyn, New York :—"In my early youth I was addicted to the use of tobacco in two of its mysteries,—smoking and chewing. I was warned by a medical friend of the pernicious operation of this habit upon the stomach and the nerves; and the advice of the physician was fortified by the results of my

own experience. More than thirty years have passed away since I deliberately renounced the use of tobacco in all its forms ; and although the resolution was not carried into execution without a struggle of vitiated nature, I never yielded to its impulses ; and, in the space of three or four months of self-denial, they lost their stimulating power, and I have never since felt it as a privation. I have often wished, that every individual of the human race afflicted with this artificial passion could prevail upon himself to try but for three months the experiment which I have made, *sure am I that it would turn every acre of tobacco-land* into a wheat *field, and add five years of longevity to the average of human life.*"

I. It appears strange that so many boys at an early age get into the habit of smoking, and especially boys who, one would think, could scarcely buy sufficient food.

R. S. I have already made some remarks respecting the influence of poisons on the coat of the stomach ; and there can be no doubt but the nerves are brought under a state of inactivity by narcotics of any kind, and thus the appetite does not demand so much food as in other cases. Indeed, only this morning, a lady on whom I called accidentally, speaking of one of her friends, said that some time ago, in consequence of smoking, his appetite was so bad he could not enjoy food, or scarcely cared to eat at meal times ; but having left it off, his appetite returned, and he is now quite another man.

I. In almost every part of London, boys may be seen in the streets with pipes or cigars.

R. S. This is perfectly true; and one morning, as I was crossing a field near Islington, I met a baker's youth, with a basket at his back, smoking a fancy pipe. Being struck with his unhealthy appearance, I said, "How long have you been in the habit of smoking?"—"About two years," was the reply. "And I suppose you are about 16 years old?"—"Yes, I shall be 16 next birth day."—"And how much," said I, "does it cost you a day for tobacco?"—"About a penny, Sir."—"And do you smoke on Sunday?"—"Yes."—"And as much as you do on another day?"—"About twice as much."—"Then I suppose you know you spend about 30s. a-year in tobacco?"—"Pretty nearly," was the answer. I then asked him why he did it? to which he said, "he hardly knew." I inquired if he thought it did him any good? "No, Sir," said he, "it makes me tremble sometimes from head to foot." I then explained to him the manner of its operation on his system, and told him his sickly appearance and spare habit was the result of his taking poison, and begged him to throw away his pipe, put his money in a savings' bank, and beg of God to enable him to resist the temptation. The pipe he immediately threw away, and I hope used from his heart the form of prayer I offered to God on his behalf, and which, after I parted with him, I repeated with deep and anxious solicitude.

I. And did you ascertain how he first got into the habit?

R. S. He said, when I told him this was the cause of his unhealthy appearance, "That's what makes our Bill look so ill; he smokes almost

from morning till night, and *he* looks like a corpse." I then asked him if his father smoked, and found he did; so that it was evidently the result of example. I then inquired what place of worship they attended, and learned to my sorrow, that to God's house they were strangers. "My brother," said he, "sometimes goes with his wife, but neither I or my father go at all." I wish this were a solitary instance.

I. From what you say, I suppose it is not an easy thing to do as you please, when the habit is once acquired?

R. S. No, indeed; it is not. I know a gentleman, now in his eightieth year, who was an exception. Some years ago, being in the country, he called, about eleven o'clock in the morning, on a minister of his acquaintance, who was in his study, with a pipe in his mouth. After the usual salutation, he said, "I believe you smoke, Sir?" —"Yes, I do," was the reply. "Come, then, let us have a pipe together."—"No, Sir," said he, "I am a master smoker."—"A master smoker! what do you mean?" said the minister. "Why, Sir, I smoke when I please, and, therefore, I am master; but you are obliged to smoke, and therefore you are a slave."

I. When you said you had witnessed many painful results in others, did you meat of a mental character?

R. S. Yes; I did. In one instance, a young man, in easy circumstances, smoked morning, noon, and night, and, in a few months, a lunatic asylum became his home, where he still remains. Another instance is present to my mind, of an inn-

keeper, whom I often told would lose his intellect if he continued to smoke as he was accustomed to do, which was, perhaps, six or seven hours daily; and some time afterwards, passing his house, I saw a new name on the sign, and found the former tenant had lost his reason. I am, nevertheless, aware that these cases are not numerous; and many urge the fact, in justification of the practice, that men live to a great age, and retain their senses until they leave the world, who have smoked tobacco for many years, and drank immoderately also.

I. I have heard such remarks myself; but I am at a loss to conjecture how any one can attempt to justify such a mode of life, after what I have heard you say respecting it.

R. S. I am not alone in my opinion and detestation of the practice; nine out of ten with whom I converse, tell me they regret ever having taken it; and in some instances, I have succeeded in persuading parties to leave it off. I am happy to find there are many who once smoked freely, who have been delivered from this snare of the devil, and by their influence many have escaped the snare.

I. I think you use rather harsh terms.

R. S. Not at all too harsh. I consider tobacco as one of the most formidable weapons used by the prince of the power of the air, in waging war against both the cause of humanity and of the Redeemer. When I think of the capabilites of the human mind, that it can traverse beyond the "visible diurnal sphere," that there is a connexion between it and the Infinite, Eternal, Inconceivable

Jehovah, that it can ruminate where the cherubim and the seraphim dwell; that, aided by the Spirit Divine, it can grasp and comprehend all that is necessary to be known, in order to secure peace and joy on earth, the pledge of future eternal repose, a foretaste of which can be happily anticipated while journeying towards it. I mourn to think, that in thousands of instances, by means of this seductive infatuation, the enfeebled mind, made feebler still by pursuing this delusive habit, should give occasion to the powers of darkness to triumph in the defeat of the great Redeemer's purpose.

I. You do not think that all smokers are excluding themselves from the Kingdom of Christ, do you?

R. S. Certainly not; my thoughts are directed to persons who are not attending the means of grace. Men and youths who bring themselves under the power of narcotics, and who, when not engaged in secular pursuits, could not sit during the ordinary period of public worship, without craving a renewed supply. I am fully convinced one of the most fatal hindrances to the progress of Christ's kingdom is the one under consideration.

I. What you have said convinces me that something ought to be done to check this growing habit, but where to begin appears a difficulty.

R. S. Not at all. Let every Christian minister lay the axe to the root, and say, let him that smoked, smoke "no more;" and let every Christian say, Amen? What a bright morning would open on our world if this evil could be banished from it. Strange to say, in New York, a few years

since, more money was spent in tobacco than in bread.

I. Some say it is favourable to study, that it excites the reflective faculties, that it is the minister's friend, and that some men cannot study without it.

R. S. What! are worshippers in the temple of God indebted to the fumes of tobacco for spiritual food? Is there a minister living who would say, with permission to approach the Throne of Grace, that his brain required this auxiliary, in order that he might feed the flock of God over which the Holy Ghost has made him overseer? This can never be; ministers must disclaim such concessions. Dreamy and visionary notions may result from such reveries. But, remember, it will ultimately rob you of the power of either thinking or of acting in a manly manner. It is much more consolatory to be independent of stimulants for wit and humour, than to be the subjects of occasional bursts of elevation, and then of corresponding depths of gloom. Much of that instability described by one of our poets, may doubtless be traced to the kind of feeling of which we speak, when he said,

Weak and irresolute is man—the purpose of to day,
Woven with pains into his plan, to-morrow rends away.

Placidity of mind is one of the most valuable blessings which a creature of God can enjoy, an irritable brain one of the greatest afflictions man can bring upon himself. Under the influence of the one he can smile in obscurity and rejoice in sorrow; under the other he is moved by every change and

scourged by every misfortune. If then you value tranquility, avoid every thing which is calculated to excite your nervous system. Occasional intemperance is not in itself so injurious to the brain as habitual excessive smoking.

I. With respect to smoking ministers, you may not be acting wisely to say all you think.

R. S. I have thought so myself; but I have some countenance for so doing in the remarks of the Rev. Mr. Jay, of Bath. In an early edition of his "Life of Winter," he says, "smoking is a sottish and offensive habit." But these remarks gave offence to some of his ministerial friends; and one of some celebrity designated his language as little short of blasphemy, and expressed his surprise that Milton, in enumerating the productions of Eden, had never mentioned the noblest of them all—the tobacco plant. But with the venerable gentleman's increase of years there is no diminution of his aversion to this exceptionable habit, and he has late in life expressed his astonishment that no consideration has led men, and especially ministers, to the abandonment of such an indecorous and expensive pursuit.

I. If I said all I thought, and might do so without being too censorious, I should certainly agree with Mr. Jay, and even go further than he does.

R. S. I can assure you he has gone much further than you imagine. "I deal, therefore," he goes on to say, "with the thing most seriously; speaking boldly, as at my age I ought to speak. Were I upon a committee of examination, I would never consent to the admission of a young man into any of our academical institutions, but upon the

condition that he *did* not and *would* not, smoke; and I would exact the same condition from every student, if I filled the responsible as well as honourable office."

I. These are certainly strong expressions, but after all, there is propriety in all this.

R. S. I think so, and he further states, that "if he were a member of a Christian church, he would never give his suffrage in favour of a ministerial candidate who was a slave to his pipe. And if I were a man of affluence, I would not on any application afford any pecuniary assistance to a preacher, who, while he complained of the smallness and inadequacy of his means, could afford to reduce it by indulging this needless and wasteful expense."

I. Don't you think these opinions from such a quarter will do good?

R. S. I do, and when such men as Mr. Jay speak thus, men will be compelled to think, and not only think, but act. "We want ministers," continues the good man, "to do as well as to teach; we want them to be not only harmless and blameless, but praiseworthy; we want them to adorn the doctrines of God our Savour in all things, exemplifying not only all that is moral, but all that is becoming in life and religion—all that is lovely and of good report, all that that has any virtue and praise in it."

I. Have you any idea of the number of tobacconists' shops there are in London?

R. S. There are upwards of one thousand.

I. If any great efforts were made to do away with smoking, don't you think it would be very hurtful to those who vend snuff and tobacco?

R. S. Unquestionably it would; and these would not be the only sufferers, for many beer-shops and public-houses would be shut up as a consequence. I firmly believe it would be one of the greatest blessings to our country, and to other countries also, to weaken the interests of tobacconists; and if inveterate smokers, chewers, and snuff-takers, were to put the money they have been accustomed to spend in this way into a money-box, and add thereto what they would unnecessarily spend in stimulating liquors, with a determination to consecrate the whole to the cause of God, and resolving, that with those funds they would send missionaries to the six hundred millions of perishing heathens, I cannot help thinking that the first orders for such boxes would be the occasion of great "joy in the presence of the angels of God;" and there would also be corresponding consternation among the "principalities of the powers of darkness."

I. I am rather surprized at the conclusion to which you arrive with respect to the ruin of the parties of whom you speak.

R. S. It may be so; but it is my unalterable opinion. Contrast the soul with the body—temporal things with spiritual, and then draw your own conclusion on the subject. I very much fear many of us are more concerned about men's temporal than their spiritual concerns, think more about their bodies than their souls. It is my duty to love my neighbour as myself, to do good to all men; but to wish my neighbour's temporal prosperity may be promoted by those very means, which are injurious to the spiritual and temporal

interests of other portions of the human family, who are alike my neighbours cannot be just and right; and when I reflect on the fact, that for a population of two millions of persons in London, three hundred and fifty thousand only could be accommodated in all the places of public worship, and that this accommodation far exceeds what is required for those who are actually in attendance, you need not be surprised I should speak in strong terms, when I tell you it is my firm conviction, that indulgence in the use of this poison is one of the great causes of Sabbath desecration. Men cannot throw money away and buy clothes. If they have not clothes, they keep away from God's house, and then spend their money and their time in purchasing shame and sorrow, and in exposing themselves to eternal perdition.

I. These remarks remind me that I often see persons smoking in the streets, literally in rags; and as I listen to your remarks, I plainly discover that this circumstance may be traced to the wasteful use of tobacco.

R. S. I feel assured that many such cases exist; but persons do not calculate that twopence a-day amounts to fourteen-pence a-week, and that fifty-two weeks at fourteen pence per week, amounts to upwards of *three pounds;* with this sum, a man moving in the lower circles of society might furnish himself with an entire suit of apparel; and being thus decently clothed, he is looked upon with respect; indeed, he respects himself, and that society in which he once found pleasure is no longer his delight.

I. There must be much privation not only

among the lower orders, but also with others who use cigars, which are much more expensive?

R. S. I often look at cigar smokers, on whom the money they expend in this way would tell to good account were it spent on their persons, and am astonished they have not made the same calculation. But we must hope that all smokers will reform, and that soon it will be considered as vulgar to be seen in the street smoking, as it now appears to be enviable and fashionable.

I. In the course of your experience, you have no doubt seen and heard much that is melancholy connected with smoking, even with persons of good character, and in respectable circles. It must be impossible that the lower and middle classes consume the immense quantity of expensive cigars and fancy snuffs which are disposed of in this kingdom?

R. S. It has been my unhappiness to see much that has been a cause of humiliation and woe in the respectable circles. I remember once to have read of a young clergyman, whose oratory obtained for him the admiration of many influential persons, amongst whom was a gentleman of fortune, who courted his company and taught him to smoke cigars. The young minister was warned of the danger of this practice, but could not be persuaded to think seriously of what he called this *harmless* indulgence, and urged, in justification of his conduct, the *composure* of mind it afforded, and its *soothing* influences on the feelings. His friend, in reply, told him the mind never wanted composing, when in health, by artificial means, but only when it is discomposed by im-

proper causes; or the feelings soothed, but when they should not be irritated. "A throne of grace," said he, "should supply the Christian's *composing drugs*, and the fountain of his Redeemer's blood his *soothing draught*," and with much emphasis, added, "beware how you indulge in a bad habit." Impatient under the rebuke, the clergyman rejoined, "I smoke but seldom, and could almost do without it." "*Seldom* and *almost* are too fatally ominous words. *Seldom* will become *regular*, and *almost* be converted into *always*, and as smoking and drinking are sworn companions, let me beseech you," said his friend, "not to make them yours. Ministers are a fence around the pit of perdition, or ought so to be. Our barrier is the cross; our motto, Jesus and him crucified. Beware lest you let the barrier fall from your hand. It is not enough to be virtuous, we should appear to be so. The heart cleansed by the blood of Jesus should disdain the shadow of offence; nor should an action wear the hue of guilt; you can never tell what may be the effect of your example. Some inexperienced youth may see you smoke, and be induced to imitate your example, and take his pipe and glass, until increasing the quantity, he may become a confirmed smoker, and a confirmed drunkard too. The line of demarkation being once effaced by the bold adventurer, he may soon be lost in the vortex of sin. Little did the friend of this young clergyman suppose that effects so sad and melancholy would attend this vice in his experience, as those which afterwards followed. By his habits his splendid talents became dim, his hearers forsook him, his host, who

first taught him to smoke, witnessed his growing desire for stimulants; and with a look more expressive than words, would say of him, that in spite of praying and preaching, professors of religion liked the good things of this life, as well as others, and that saints and sinners were much alike. His days were ended in ignominy; around a once promising, talented, and apparently useful preacher, a gloomy curtain was drawn, and a life which might have been useful and happy, was soon brought to a miserable close. Avoid smoking, it is the devil's leading string, commencing with a hair, and ending in a cable.

> The first, once past, leads on to more,
> And that proves fate, which was but choice before.

I. There must necessarily, I perceive, be an immediate connexion between the pursuit of any vice and a low state of religious feeling, although the vicious tendency of the pursuit may not be apprehended by the individual who pursues it.

R. S. I think you are quite correct in this view of the subject; and a suffering individual may use laudanum or tobacco without sin, to obtain relief from excruciating pain; and observers of this practice may resort to them as an indulgence without considering it to be a sin; but in very many instances, this "sowing to the flesh brings forth corruption." I think this may be illustrated in a case which just occurs to my mind. An aged man who was in the habit, not only of smoking by his own fireside, but also of frequenting a public-house to read the paper and take his pipe, gave, by his conversation, evident proofs of

a low state of spiritual enjoyment, and on one occasion, when accompanying him to a place of worship, with the intention of partaking of the ordinance of the Lord's Supper, I said to him, "I should like to hear something about your religious experience."—"I cannot say much," was his reply. "I have had no enjoyment in religion these forty years."—"And have been connected with a Christian church," said I, "the whole of that time?"—"Yes," was the reply. Surprised and grieved, I could not help giving him my opinion as to the cause of this state of soul. He was nearly seventy years of age, and shortly after this conversation he suddenly died. No reader of these pages, if they knew the circumstances attending his end, would say, "Let me die his death."

I. I am fearful you will not render yourself very popular by these statements. There are many very good, spiritual, and holy men, who have lived honourably and died happily, who have taken their pipe daily for many years, and have never betrayed effects such as you describe.

R. S. I know this is true; but this truth does not disprove my remarks. I am bound to bring before you facts by which to illustrate my sentiments, or I had better not attempt to reply to your statements at all. I could add to these cases, but wish not to do more than give samples of what I have witnessed, in the hope that what is so dangerous in its tendency may be avoided by some, and abandoned by others.

I. There is certainly some propriety in this, and I am quite as desirous as you are, that such may

be the result; and, perhaps, it is better to risk human approbation in doing good, than to seek it by concealing what you have witnessed.

R. S. I think so, and I wish to commend myself to God rather than to men; and if only one smoker be reclaimed, or one of my fellow creatures be deterred from falling into this snare of the fowler, I shall have my reward, even if thousands condemn my humble attempt to promote the happiness of mankind, which I earnestly seek by this effort. Oh! what a happy world would ours be if every vicious practice were discontinued, and instead of seeking happiness in sensual gratification, it were looked for in the way of God's appointment. It is the testimony of the Psalmist, — "In keeping Thy commandments there is great reward." Would that the delightful fact were entertained by every enlightened mind, that our blessed Creator gave us the power of holding, as it were, the helm of our physical constitution; and has shown us, that when this is done rightly, the whole vessel is obedient to it, and all goes on well. *We* only are to blame if we remain in unknown stormy seas, without compass, rudder, and pilot, when everything for our comfort and safety is so bountifully provided. Let all who have hitherto neglected to use these means of common prudence, thank God for them, take courage, and no longer trifle with the life and health He has, for His own wise ends, bestowed, lest His present and future punishments fall heavily upon them.

I. One cannot help reflecting, with great regret, on the intervention of man's many methods of defeating the purposes of his Maker and Benefac-

tor, in his journey from the arms of his mother to the grave.

R. S. Truly, regret becomes us; but we must also be up and doing; and while protesting against evil habits, we must also suggest some modes of operation which may, under the blessing of Heaven, lessen their magnitude and extent. In order to exert an influence on the minds of the masses, their moral, intellectual, and physical condition must be raised; and divesting ourselves of all petty and inferior considerations, we must at once direct our energies in every possible way to the elevation of the people in the scale of being.

I. This is the view, the proper view, to entertain; and I firmly believe, that if in every circle of society these principles were cherished, and the course of conduct they dictate were acted upon, there is within the compass of man's intellectual grasp a lever, which would raise him above the grovelling avenues in which the bulk are now walking; and, as in many instances of reformed drunkards, so with regard to reformed smokers, a vast amount of wretchedness might be removed and prevented.

R. S. I fully concur in your sentiments, and am not without hope that the day is near, when the subject before us will share the earnest anxiety of the wise, the noble, and the influential of our land.

I. I do sincerely hope such may be the case; and if this curse to our country were removed, I do think we should all soon rejoice in the improved aspect of society.

R. S. Depend upon it much penury as well as

sickness would be prevented thereby. Almost every day brings before us some new instances of its bad effects. A poor fellow in the neighbourhood in which I live, who has imbibed infidel principles, is now near the end of his earthly career, who deeply laments the consequences of this fatal habit in his history. In health, he never attended the means of grace, and his own account of himself is, that but for his companionship with smokers, he should never have continued it. It always made him ill, but by their intreaties he continued it; and now his debilitated system can only be relieved by that which occasioned his misery; and although he detests the vice, he cannot live without it.

I. Such persons are much to be pitied, and much of the evil must arise from the inattention of parents and teachers in not cautioning the young against this besotting sin; and I should think the time is near at hand when every Christian teacher will consider it his duty to direct attention to the subject in every possible way.

R. S. Mr. Wesley was very stringent with his hearers respecting the practice; and if every Christian minister in his day had followed his example, and all succeeding ministers had inculcated his principles, depend on it much of the evils we deplore had never been known. But it has had high patronage, and must have corresponding discountenance. It would be easy to add to the number of instances which have accrued, and are still accruing, of the character of those already introduced, but these may be sufficient for our purpose, and will serve as specimens of the whole.

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The opinions I have expressed will receive considerable corroboration by the following remarks of a renowned American divine, and with whcih I close this work :—

A man might just as well use any other poison, till his organic instincts are changed by habit. Smoking, chewing, and snuffing all belong to one category. Bad digestion, headache, nervous derangement, palpitation of the heart, and the decay and loss of teeth, are among the ordinary effects, and are almost as sure to follow the use, as the habit is to be formed and practised : " We speak that we do know, and testify that we have seen."

I have witnessed the most deplorable effects produced by the use of tobacco among students in college. It often proves fatal to health, and, I believe, to life. At an early period, and under the influence of sedentary habits, the constitution often sinks under it. I should rejoice, if its use, in every form, were prohibited in every college in our land. It is a vice which should be exterminated by the operation of law, from schools of learning. The hand of discipline should be applied with rigour to this evil.

I have known many cases of dyspepsia, evidently caused by smoking and chewing. Indeed, this is a common and every-day effect. In the course of my ministry, I have known two cases, in my own congregation, of death, in which I fully believe the use of tobacco had much to do. One was the case of a lady, who was an inveterate snuff-taker. I know a man, now in the prime of life, who is probably an incurable paralytic, whose disease, in the opinion of his friends, was either caused, or greatly aggravated, by the excessive use of tobacco.

But cases are endless. I wonder physicians keep silent as they do. The American community is full of the victims of tobacco. It is hardly less fatal than its grand associate—rum. They are true work-fellows in poisoning the instincts, destroying the health, and degrading the nature of man. Tobacco, in every form, ought to be excluded from the Church, and banished from good society. I hope your labours will do much to hasten such a reformation. I confess that, for one, I am as sick of seeing smoking, or tobacco-chewing, as I am a wine-drinking minister of the Gospel. I am utterly disgusted with those little boys and fops who are endeavouring to make rapid strides to gentility and manhood, by distending their cheeks with tobacco, and puffing their cigars at the corners of all the streets. These are the forlorn hopes of the rising generation. Save us from a race of tobacco-worms!

APPENDIX.

The quantity of tobacco retained for home consumption in 1789, was 10,917,626lbs. The duty was at that period 1s. 3d. on American produce, and 3s. on that of Spain and Portugal. In 1847, the quantity retained for home consumption, was 36,752,051lbs.; the duty 3s. per lb., and 5s. per cwt. extra; thus yielding to the revenue £4,278,934.

Mr. Poulett Thompson (afterwards Lord Sydenham) made the following remarks in the House of Commons, in March, 1830:—"According to accounts laid before the House on this subject, smuggling in this article in England, Ireland, and Scotland, is carried on to the greatest possible extent. I have heard it stated, and I had the fact upon the best authority, that numbers of vessels are continually leaving the port of Flushing, Ostend, &c., carrying contraband tobacco to this country." And he goes on to state, that the fact had been established before the House, that 70 cargoes, containing 3,644,000lbs. were smuggled in one year on the coast of Ireland—from the port of Waterford to the Giant's Causeway alone! In Scotland also smuggling in this article is carried on to a great extent.

In *McCulloch's Dictionary,* page 1316, it is stated, "that under the present system, Govern-

ment collects an exorbitant duty upon about half the tobacco used in Ireland; the other half being supplied by the smuggler. A third part," it is added, "of the demand of Great Britain is partially supplied in the same way."

Dr. Hassock says, the great increase of dyspepsia, the closing cases of apoplexy, palsy, and other nervous diseases, is attributable, in a great measure, to the use of tobacco and snuff."

Dr. Prout, an eminent physician says,— "Tobacco is assuredly one of the most virulent poisons in nature, yet such is the fascinating influence of this noxious weed, that mankind resort to it in every form they can devise, to insure its stupifying and poisonous agency. Tobacco disorders the assimilating functions in general, but particularly, as I believe, the assimilation of the saccharine principle. I have never, indeed, been able to trace the development of oxalid acid to the use of tobacco; but that some analagous, and equally poisonous principle (probably of an acid nature) is generated in some individuals by its abuse, is evident by their cachetic looks, and from the dark, and often greenish, tint of the blood. The sure and peculiar dyspeptic symptoms sometimes produced by inveterate snuff-taking are well known; and I have more than once seen such cases terminate fatally with malignant disease of the stomach and liver. Great smokers, also, especially those who employ short pipes and cigars, are said to be liable to cancerous affections of the lips."

A late eminent minister, on one occasion, when preaching from home, was entertained at the house of a lady, where he expressed a wish to take a pipe. He was informed by his hostess, that on no account could he be allowed to smoke in her house, except he chose to do so in the kitchen. The good man went into the kitchen and took his pipe; but on returning to the company he had left, he felt so mortified that he determined to leave off smoking; a resolution, it is said, which he fully carrried out.

Although snuff-taking is not made the subject of investigation in the preceding pages, the reader is respectfully invited to peruse the following remarks from the pen of Dr. Hodgkin respecting the practice:—

"When tobacco is taken in the form of 'Snuff,' it acts more immediately on the delicate mucous membrane lining the cavities connected with the nose, which it excites to an increased secretion; and when the membrane has been long accustomed to this unnatural stimulus, it almost refuses to secrete without its assistance, and a difficulty is experienced in breathing through the nose, which is one of the greatest inconveniences a snuff-taker can experience from the artificial want which he has created. From the great sensibility of the parts to which snuff is directly applied, a more stimulating and pungent effect is produced by tobacco in this than any other form; hence the first pinch of snuff that a person takes rarely fails to produce a fit of sneezing. Habit blunts this exquisite sensibility; and succeeding pinches, without producing this extreme effect, cause a moderate degree of excitement, which is often had recourse to as a means of resisting the unwished-for approaches of drowsiness. It is seldom, however, that its employment stops here. Snuff produces a more decided effect as a stimulant, especially to the mental faculties, than any other form of tobacco. Yet I am not aware that it is often had recourse to, to aid the close application and intense thought of the mathematician. It is more especially used for this purpose by those who require a high degree of

ready and versatile imagination, on occasions of great excitement. In this way it was employed by Buonaparte, whilst directing the precarious operations of a decisive engagement. Those engaged in rapid composition have frequently had recourse to the stimulus of snuff; and the wit, who shines in conversation, if he has unfortunately become a snuff-taker, makes the disgusting habit a serious drawback to the charms of his society. Gamesters, like military commanders, often become immoderate snuff-takers, under the influence of the restless excitement which attends their conflicting hopes and fears. From these specimens which I have given of the employment of snuff, you will readily conceive that the excitement which it produces, whilst it is so fascinating as to be often sought with the utmost immoderation, is one of an unnatural and pernicious tendency. This, however, is not the only evil of snuff. Its employment, in the most moderate degree, is an exception to cleanliness; which we may trace through various gradations, till, in the extreme snuff-taker, it becomes a loathsome and filthy nuisance. Snuff has a very decided effect in spoiling the features and complexion; and, as it is impossible to prevent a considerable portion from passing from the nose to the mouth—and from thence, though in less quantity, to the stomach—it cannot fail to produce the same evils there which attend the chewing of tobacco. To the poor, who have acquired the habit of taking snuff, it becomes a source of useless, often inconvenient and oppressive expenditure, although they are obliged to content themselves with the coarsest qualities; whilst to the rich, who gratify themselves with the choicest varieties, it is a cause of foolish extravagance. Another evil which attends it, whether consumed by rich or poor, is the loss of time which it occasions; but in this respect it by no means equals the practice of smoking. Before I proceed to speak of this, I would just remark, that the practice of taking snuff is extremely insidious and fascinating—that those who, after having fallen into it as a habit, have become convinced of its inconveniences, and most anxious to lay it aside, continually find their strongest resolutions defeated. Let this be ever kept in mind, as a serious caution and warning to those who have not yet given way to the temptation."